



3 NUTRITION SERVICES

Effective: 12/1/95

3.15 Nutrition Risk Determination: Anthropometric Measurements for Pregnant Women and Plotting

Revised: 4/1/03

POLICY: Pregravid weight, current weight, and current height measurements are required for certifications of all pregnant women.

PROCEDURE:

A. WEIGHT AND HEIGHT MEASUREMENT REQUIREMENTS

Current weight and height measurements must be obtained on-site, using standardized procedures and approved and properly maintained equipment (see Policies 3.50 and 3.51), unless recent measurements, obtained during pregnancy within the last 60 days, are available at the time of certification from another health care provider.

B. MEASURING PROCEDURES

1. Assure the proper equipment is available:
 - a) Floor model beam balance or a high quality electronic scale (see Policy 3.50) placed on a level, uncarpeted surface. If it is not possible to use an uncarpeted site, place a piece of strong plywood (i.e., that will not flex) under the scale.
 - b) Stature measurement board (see Policy 3.50) OR a flat metal or lexan tape and a block squared at a right angle. Attach the tape at the base of a flat wall with no baseboard or molding, or if there is a baseboard or molding, place a small platform or step stool squarely against the wall and extend the tape or board up from that surface. Assure the tape is straight up.
 - c) Footstool (to read height measurements at eye level).
 - d) Prenatal Weight Gain and Postpartum Weight Assessment form (see Attachment).
 - e) Gestation Calculator (see Attachment).
2. At the beginning of the day, make sure the measuring area is clean, and all needed forms, equipment, and materials are available.
3. Measure the woman's height following the procedure in Policy 3.13, part 3, using a footstool as needed to read the measurement at eye level. Enter the height into the ADP system.



4. Determine the woman's pregravid weight. Use either her self-reported weight or, if possible, referral data. Enter the pregravid weight into the ADP system. If the pregravid weight is unknown, use professional judgment to select the appropriate grid. See the Directions on the Prenatal Weight Gain Grids
5. Using the Body Mass Index Index table in the upper left corner on the Prenatal Weight Gain Grids, Prenatal BMI Cut-Offs (pregravid) section, assess the woman's pregravid weight as low, normal, high, or obese. Select the appropriate weight gain grid (i.e, PrePG Wt. BMI 19.8-26 for normal pregravid weight, PrePG Wt. BMI >26 for overweight, or PrePG Wt. BMI <19.8 for underweight) based on this assessment. Write the pregravid weight on the "PrePG Wt" line by this grid.
6. Determine the woman's current weight following the procedure in Policy 3.12, part C. Enter the weight into the ADP system.
7. Determine the woman's Weeks Gestation using a gestation calculator. It is recommended, for plotting purposes, to determine her weeks gestation as closely as possible to the day, e.g., 28 weeks, 4 days. If the Project determines weeks gestation in a different way (e.g., rounding to the week), the project must have a policy to assure consistent plotting.

C. PLOTTING PROCEDURE

1. Plot the current weight on the appropriate weight gain grid at the woman's weeks gestation. At the intersection, write the date. It is recommended to also write the current weight.
2. If the woman's pregravid weight is unknown, plot the current weight at the mid-point of the shaded area on the most appropriate grid.

D. DUE DATE CHANGES

If the woman's due date is changed, change it on the Prenatal Weight Gain Grid and in the ADP system. Do subsequent plots using the gestational age based on the new due date. It is not necessary to replot previously done plots.

ATTACHMENTS:

- * DPH 4056 Prenatal Weight Gain & Postpartum Weight Assessment form
- * Copies of 3 sample gestation calculators